

Whalesong

Volume 21, Issue 3

University of Alaska Southeast, Juneau Campus

November 11, 1999

In Brief

Theater at Housing

Juneau actress Pat Denny will be performing her one-woman show, "Mary Joyce in Her Own Words," at the UAS Housing Lodge on Monday, November 15, at 7 p.m. The performance is open to the public free of charge.

Child Safety Funding

Gov. Tony Knowles has pledged to continue the progress of recent years in protecting Alaska's children and improving public schools by devoting more state resources to both initiatives. Knowles said he will ask the Legislature for more funds to help approximately 1,100 children in foster care, and said he will fully fund public schools and transportation.

Alaska Educators

Four Alaska secondary school educators have been honored with a 1999 Milken Family Foundation National Educator Award. The educators who received the awards are: Tim Cline (Principal of Hopson Middle School), Joy Hamilton (science teacher at Innoko River School), Bill Ennis (science teacher at East High School in Anchorage) and Marty Foster (math teacher at Randy Smith Middle School).

Ketchikan Grant

The Ketchikan campus was one of 43 non-profit and governmental organizations across the country to receive matching funds for innovative uses of advanced networking technologies. Ketchikan received more than \$100,000 from the U.S. Commerce Department to create a distance learning network to connect remote areas in Southeast Alaska.

Important Dates

- 11/13 Millennium event tickets on sale, 10a.m., Mend. Mall
- 11/13 Ski sale at Cent. Hall
- 11/14 Free Bowling, 9p.m. Channel Bowl
- 11/15 Alumni meeting, 5:15p.m., Lake Rm
- 11/18 Surf Alaska Game Night, 8-10p.m., free
- 11/19 Student Government Meeting, 1p.m. Maurant Conf Rm
- 11/23 Discount Night at Glacier Cinema
- 11/25 Thanksgiving

SAC is under appreciated

Administrators meet with students regarding the SAC



Josh Horst and Dave Kleinpeter outside the SAC.

By Eric Morrison
Whalesong Editor in Chief

Even now that the Student Activity Center is open, there are still complaints, misunderstandings and an under appreciation for the facility.

is still trying to build a recreation center.

"We have tried to build a recreation center for 12 plus years without a whole lot of success. We would get close, then we would fall back. We would not go close you could taste it," said Gifford. "The rec.

Chancellor John Pugh, Dean of Students Bruce Gifford and Assistant Dean Carol Griffin took the time out of their busy schedules to meet with students and address the problems that have arisen over the SAC. A total of five students showed up for the two meetings.

The administrators arranged for this meeting with students after they received a letter from Student Senator Tia Anderson (See Whalesong Vol. 21 Issue 2, page 3). At the first meeting, Gifford addressed the position of the Administration and the reasons for pursuing the SAC and why the opening was delayed. Gifford also explained the truths and myths behind the SAC, mainly addressing that UAS

center has consistently been the number one or number two expressed request from students," he added, "We have not backed down from building a rec. center."

With a recreation center not being an option for at least several years, when the option to lease the SAC building arose, administration jumped at the opportunity. But with the building came a heavy load of renovations that included air handling facilities, backdoors, showers and bathrooms. The idea also had to be presented to the student body. There were two votes, one for the student body and one for the student government. The student body turned the idea down with a vote of 66 in favor to 71 opposed, while the student government supported the idea with 7 members in favor, 1 opposed, and 1 abstention. With such a close student body vote, and a favorable student government, administration gave the go ahead.

Gifford said "There were a lot of negotiations to settle," adding "We had to make sure that what we put into the SAC is exactly what students want." The opening of the SAC was delayed because there were commitments to owners and the builders, and there were significant costs that the university could not back off from. Initially

see SAC page 6

A Student's Life in Washington

UAS student speaks about being a White House intern

By Cindy Triebel
Whalesong Reporter
Screened by Ben John Flores

UAS Business Administration major Ben John R. Flores spent spring semester 1999 in Washington D.C. participating in the White House Internship Program. Flores saw a flyer on the UAS campus resources board advertising the internship. It looked interesting. Flores picked up an application form from the Student Resources Office and filled it out. Ben John is a persistent individual, and his continued persistence would pay off for him.

"They sent me a response saying, 'We don't think you're right for the job.'" Flores felt that he was more than qualified, so he called up the internship director in Washington D.C. and he said, "I have met all the necessary requirements that are clearly stated in the application, could you tell me, what you think makes me unsuitable for this placement?" He needed to know.

He was instructed to call back to participate in an interview with an office manager in The White House Operations Office. The phone interview was successful, he was accepted. "What happens to a lot of people is that once they get turned down they think, 'Oh, I'm not good enough', but if they assert themselves to say, 'Hey, wait a minute, I can do this!', I do have the qualifications", and they pursue it, they've got a better, and a good chance of being accepted."

"A lot of people I worked for, and with were White House Professionals - Managers and Administrators. They were extremely supportive, and I learned that I did a good job. I never would have found



Ben John Flores in the red room.

that out if I had not continued to pursue placement after I was initially turned down."

The first week on the job, Ben John was invited to attend a White House Press Briefing. The Honorable President William Jefferson Clinton spoke to the audience about issues concerning educational reforms for our great nation. These are issues that directly concern us as students attending The University of Alaska Southeast. Ben John also worked for The White House Social Office in supporting the organization of delegates, and heads of state, of The North Atlantic Treaty Organization, (NATO), for The White House dinner reception celebrating NATO's 50th anniversary. Over the following months heads of state and delegates from Asia, Europe, and Africa, visited The White House. "The international environment was something valuable to witness and experience. The cultural diversity was incredible."

Flores worked in White House

Operations, this office that serves under The Office of Management and Administration, this is one of the many offices that make up The Executive Office of The President. His primary responsibilities included inter-office management.

He also worked out at The White House Athletic Center on a regular basis. One day the manager of the center invited him to participate in The White House Heptathlon. A seven event competition. He competed against White House professionals. Flores' team was comprised of three women and one man, one professional, and the rest interns. Flores' team took first place. Flores himself took first place and won the highly coveted Title of Spring 1999 White House Athletic Center Heptathlon's Overall Individual Winner.

Flores is thankful for his experience as an intern. He said he loves America. This opened up doors for him, and the experience will look good on his resume. He believes that government service is important. Nonetheless, he was still encouraged by his supervisors to work for private industry. They left the decision up to him. He is determined to work for Sony Corporation's Music Division in Los Angeles after he graduates. He stresses having a plan. "Find out what your interests and your strengths are. Write down a sixth-month to twenty-four month plan to improve your personal organization. Where do you want to work? Look it up on the internet, do research on it, and stick with a plan. With a positive attitude, and productive participation, you can virtually accomplish anything that you set out to accomplish. I encourage you!"

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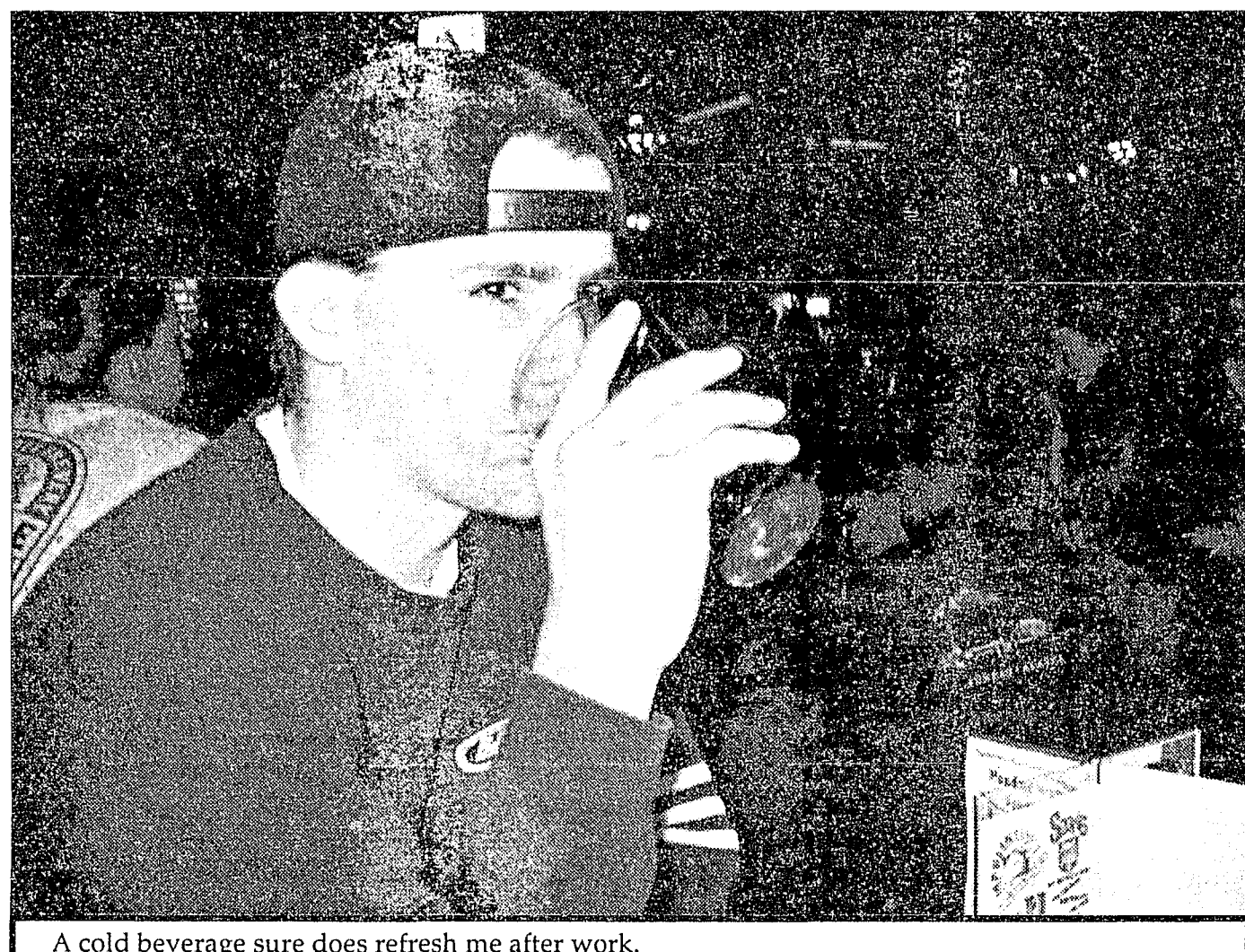
Now that I have got your attention

By Eric Morrison
Whalesong Editor

After the recent outpouring of support and contributions, I take it that the Whalesong staff and yours truly have captured the attention of a good portion of the student body. I'm not saying that we have captured the hearts of students, faculty and administration, but at least we have produced a readership. So now that I have your attention, let's get down to business.

I really appreciate all the support and contributions to the Whalesong, and there are a few things that I would like to make public about submitted material. First of all, I will print just about anything unless it is created with the intent of belittling people. There will always be a place for satire in this paper while I am editor, because I feel that satire is the most powerful form of writing and is the best way to confront ignorance. As an aspiring writer I feel that you must show the dark so people can understand and appreciate the light.

It has been brought to my attention that some people want this publication to become very conservative and, in my opinion, boring. I refuse to deny the student body journalistic entertainment, and we all know that entertainment comes in many different forms and fashions. If it were up to me, I would make this paper a mutated combination of MAD magazine, Canada Culture, and Maxim. But with this title of editor in chief comes a vast amount of responsibility. And I hold it as my obligation and honor to serve the diverse needs of the student body, and to create a



A cold beverage sure does refresh me after work.

bi-monthly newspaper that is generally well accepted.

I am very glad that students are starting to believe in the power of the Whalesong. No, that is not intended to be satire. The Whalesong does have the power to effectively express the views of our student body. One of the main reasons that I got into journalism was the want to be able to express my opinions in a public forum. As students at UAS, we are all very lucky to have a newspaper that allows the diverse opinions, beliefs, wants and needs to be

expressed and explored in such a casual manner. I challenge every student at UAS to take full advantage of this opportunity. Contribute to the Whalesong, and stand up for what you believe as a member of this student body.

Many of the letters that have been submitted to the Whalesong have been anonymous, and that concerns me. I have always been a firm believer of, if you believe in something, then stand up for it. If you believe in something, then take responsibility for your actions and let

people know you are proud, and willing to stand up for what you believe in. I also believe that people who do not sign their names to letters either don't truly believe in what they write, can't take responsibility for their actions, or are too scared to make a public stand. I am not making this a personal attack, or trying to put people down. I am just expressing my opinions, in hopes that as students of a university for higher education, we can express our true feelings with responsibility and integrity.

People have approached me and asked if the letters to/about the editor on page 2 of the prior Whalesong were real, or if I created them to make myself look good. The answer is, those are all real letters to me, about real opinions. I printed them because I feel that those students have the same rights as anyone at this university, the right to have their voice expressed and heard. I think their letters would have been more effective if they or their English professor would have spent the time it takes

to formulate a persuasive argument, especially the letters that were so malicious.

I am interested in creating a newspaper that is free to print all the opinions of this diverse student body, without worrying about being blamed for other people's ideas or opinion. I am willing to take full responsibility for anything that I contribute, and I hope that anyone who contributes to our newspaper will take the responsibility of being a respectful person with dignity and integrity.

"Anonymous News" even called us mentally ill. That's a low blow even for some of the letters we've gotten so far.

I have a simple answer for those who dislike our back page. Don't Read It. We don't force you to read it, but instead of finding praise in something, you would rather find fault in it (please don't think I'm addressing this to all students, but a select few). We have the freedom to write what we want, where we want.

To reiterate, we write the back page for fun. If our paper read like the Wall Street Journal our readership would be down to 20. So in turn we put some humor in it, none of which carries a real meaning, but for those few on this campus who enjoy to laugh.

If you want to write about your problems with the back page that I help with, feel free to. But please sign your name.

Thank you very much for the support

By Dave Perry
Whalesong Reporter

In the short span of two weeks we at the Whalesong have been called racists, sexists, rude, cruel and some other names we can't publish in our newspaper. I wondered who has been writing these things about us? We aren't really sure because those who wrote us 'regarding the back page' have chosen to exclude their names from their commentary. I find that cowardly to hide behind anonymity.

You do not know who we are if you are writing these nasty comments about us. We have a very diverse staff who are dedicated to writing for the Whalesong, and take pride in what we write. We write the back page for fun. For shit's and giggles if you will. But you may just skip to the back page to find fault in us.

The back page has caused more controversy that I've ever seen in the Whalesong before. Someone writing in

Whalesong

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The University of Alaska Southeast student newspaper, *The Whalesong*, is a bi-monthly publication with a circulation of 1500 copies per issue. *The Whalesong's* primary audience includes faculty, staff, and community members. *The Whalesong* will strive to inform and entertain its readers, analyze and provide commentary on the news, and serves as a public forum for the free exchange of ideas. The staff of *The Whalesong* values freedom of expression and encourages reader response.

The Whalesong editorial staff assumes no responsibility for the content of material written by staff members. The views and opinions contained in this paper in no way represent the University of Alaska and reflect only those of the author(s). The editorial staff is solely responsible for content.

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Letters to the Editor.....

Editor's note: *The Whalesong accepts letters regarding any subject that may be informational, educational or humorous to members of the UAS student body. Letters can be submitted in person to the Whalesong office, which is located downstairs of the Mowant building. Or you can send an email to jvwale@uas.alaska.edu. The author/contributor takes full responsibility for the content of their material submitted.*

Concerning the letters in the last edition of the Whalesong:

I would like to remind people of their constitutional right to freedom of speech and the press. Whether or not I agree with the page in question is beside the point—I respect the contributors right to express their views. Our Bill of Rights protects everyone's right to freedom of expression, including people you don't agree with, and those who hold opinions that you may find morally objectionable. Also—a student newspaper is made out of student contributions. Everyone is entitled to publication, should they choose to submit something. If people are discouraged from contributing their ideas, views, or even humor because a group of people find it offensive, it defeats the purpose of having a student newspaper. If you find something offensive, don't read it. Please don't infringe on the rights of others to submit, publish, and read something that you may not agree with.

Laurel McCullough

The article featured in the October Whalesong titled "End the Silence, Stop the Violence" was adequate to notify victims and those people who are ignorant about the all to rampant abuse that occurs in our country. Everywhere I look though people are always notifying victims, addressing the effect. Well, what about the root of the cause? Why is all of this happening? Why are people being abused by the ones who are supposed to be the cement in their wall? I want those who are abusing to understand why. By always addressing the victims it perpetuates a serious problem. Something is wrong with our society and the need to help is there, but we need to stop embracing it. We need articles in newspapers that go beyond the victim and attempt at pointing to a cause; if we want to make change we are going to have to get our hands damn dirty and touch the dirt that tainted the victims. I can find phone numbers in the phone book but we need to question even if there is no immediate answers.

Horri W.

After years of simply grabbing the Whalesong for its physical properties that are best used in a birdcage or as a fire starter, I actually enjoyed this last issue. Good job to the staff. The articles were enjoyable and practical to student's interests, which is a vast improvement from the newspapers content in the past. It is also nice to see a sense of humor and people actually responding and feeling emotion towards a paper that in the past initiated as much emotion as Data from Star Trek. Sure some of the stuff is offensive, but what isn't to someone? If we as aliens or students start down that road of PC to the point of Aliens probing (you know where probes go) the controversy right out of life, the paper takes on the role of birdcage depository again. Now...I have to go study and attend to what is really important.

Jason

What is going to be done with the parking situation in the lot next to the church? I heard that it is owned by the church, is this true? Why the hell is parking allowed in the middle? This lot should be expanded and paved, or is the physical plant TOO BUSY wasting their time on other more important issues? How does physical plant fit into this picture? Is everything being done that can or should be? Why am I the only student who is voicing my opinion on this issue, does anyone else get parked in?

Next, what the hell is the hold up on the photo lab? Is Dave Gellotte's class important? I think it is, and I think that the physical plant should make it a higher priority. Weekends are obviously a quieter time on campus and when I am in the computer lab working during the week, the noise can be quite distracting.

I don't like coming off in a negative way. I am happy to be a student at UAS and I feel that Juneau is a great place to raise my family. I am just tired of the parking situation and I know it was a problem last winter as well. I am scared that I might get hit when I have one of my children in my car. The lot gets icy and cars get dented. Why wasn't this problem fixed this summer? They paved up to the lot but not in the lot itself, isn't that stupid, or I am just an ignorant student with too much time on my hands? Pot holes damage vehicles and icy potholes create hazardous conditions. I almost got ran over last winter because a vehicle couldn't stop in time.

One more thing, I enjoy reading the Whalesong. It is obviously a college paper and isn't for an immature audience. I keep an open mind when reading it and think that it has good potential. Which brings up another question, why doesn't UAS have a journalism department? I think Juneau is a prime place for writing, and question why this avenue has not been pursued by the University yet? Thank you for the opportunity to voice my opinion and I hope that I am not wasting everyone's time by submitting this. Please address these issues with an answer for the students; don't just leave it hanging out there.

Concerned Student/Parent

Hi yes I am a student a UAS I see that in your paper you are still continuing that back page with some rude stuff in your personal section. I know you said you guys are not responsible but how hard it to screen those messages before placing them in the paper. Is that so hard to ask from you people. Whats with that soma and crap. Give me a break, screen those articles.

Meah Babae

In response to Dave Perry's article on p. 4 of the 2nd issue of the Whalesong, I'd like to tell everyone exactly why no one uses the SAC. Lot's of students on campus are married, have children, or simply do not wish to hangout at the SAC. Some of us did not vote in favor of this facility, yet we are forced to pay for it. It is a rip-off to many students. So the issue for me is not whether the SAC was open early enough, it is whether the SAC should be open at all. The SAC does not offer me anything that my free membership to the JRC does (and Wilson's smiling face is worth the trip). I can't believe that no one has found the SAC's very existence to be disturbing.

Emily Wescott

A student's trip turns into a quest

Contributed by "Michael" ?

On my last birthday, I had an enlightening experience. I took a large amount of mushrooms, the hallucination variety, as well as two tablets of ecstasy. I started to trip, and to see the world in a different light. I let the drugs open my senses and I had what I would classify as a vision quest, but it was so much more than just visual. I had a sense of being more in line with my surroundings and then of being on my own plane of existence, but I could feel other planes crossing through and passing through me, around me and all over. I know the moral and ethical views in society do not cater to experiencing life through drugs, but alas I think that in order to have a greater understanding of all things, you must experience those things first hand. WOW!

I think it would be classified as a vision quest. I was in tune with my mind and "nagi", the Sioux word, which loosely translates into soul. The Sioux believe that there is something within us that controls us. They call it nagi, what other people might call soul, spirit or essence. I felt an energy surge through me like a flood that night. I do not question my own existence because of what I saw, felt, sensed, and understood. I was alone in my head with my own thoughts. I wasn't being anything less than me, and found complete solace in what I was experiencing.

I am very much into drumming, and that night I was on another musical level, one which I couldn't have imagined. I felt as though my nagi was going onto planes or waves that weren't my own and I could feel the planes intersect with my nagi. I had the best experience with music that night, there were other individuals who were drumming, chanting, and singing. At times, I felt that some outside (or inside) force possessed me. I was inspired, and a crowd grew around me and the others who were

playing. Truly amazing and scary as hell, are about the closest ways to describe the emotions and feeling that I was experiencing. I went out from my body and touched those people watching and understood exactly what music is capable of. That night helped me decide what and who I am, or at the least, how I perceive myself to be. People watched and listened in utter amazement. The crowd clapped and applauded the show and congratulated me on the sound and intensity.

After the session, my hands were too swollen to play anymore. I went on a nature walk in the dark forest, again I experienced unity with my surroundings and sat in the woods in solitude for a long while, just pondering everything I was experiencing. I thought about the world in which I am living and how I fit into it. I saw visions, which were totally foreign to me and talked to the earth, but not through words, but through waves. The best way I can try to explain the waves is to say that they were everywhere but not visible to the eye, but understandable to the brain or nagi.

I knew that I would be intoxicated so I gave my car keys to a friend, but I outsmarted myself; I remembered that I carry a spare key in my wallet. I love to drive and I did exactly that, I drove out the road past Auk Rec. and continued to Tea Harbor and saw the rode ahead as an endless highway of waves. I didn't think about the driving and continued back to town and went to Fritz Cove Rd. and drove it for a short while seeing intense visuals and aberrations of the mind. At that time, I headed back to the house where the party had been and continued to ponder how and why I was seeing and thinking what I was. I then became paranoid of what I don't recall, I ran, in what I felt like was perfect form, down the road just looking around

and concentrating on my running. Weird, yet very stimulating.

What are the boundaries that man should leave uncrossed in searching for answers? If man is to learn and grow, he must experience what is foreign to him. An example being, should man use aborted fetuses for research and/or for surgical procedures that could help to save, or to help better the standard of living for people? I believe that there are moral and ethical boundaries that should remain uncrossed until we know more about the human soul or nagi. We as a society need to know whether the nagi is even relative to death. "All my relations" as defined in the beginning of a reading by the philosopher Lame Deer, states that "...it is an expression of the belief that the speaker is spiritually related to everything in the universe, not only to all other humans". I stated earlier that I felt this same connection, in what is easiest to describe as waves (of energy). Also, if God exists are we damned for diving into this type of research that deals with such a precious and delicate issue? I hope not and believe that Lame Deer did (does) feel the same way as I.

In life, we all make choices. What type of decisions should we allow to be made outside of the normal perimeters of societies moral viewpoints? Lame Deer believed that the vision quest helped to clarify his place in his culture. I feel that my quest of sorts helped me to be more in line with myself. If in order to free your thoughts you need to experiment with alternate forms of thinking, you should do so, as long as it doesn't effect others in a chaotic sense.

I found what I needed to find from the quest. It affected others, either positively or negatively, that is not for me to decide. I hope this was interesting as well as entertaining.

SAC... cont. from page 1

students with six or more credits were to be charged the \$100 fee, but with renegotiations, the administration felt it would be better to charge students with seven or more credits.

The SAC is a great asset to the university. It can be used for recreation, studying or just relaxing. "We as administration believe that we need this facility," said Chancellor Pugh. "We're begging to get people to see the possibility of this facility."

"Everyone sees this as an asset to the university," said Gifford. "Now we have to get students to come down here."

The administration is trying to get the full potential out of the SAC and are working on ways to increase the number of students frequenting the facility. There are plans to hold several classes at the SAC as soon as next semester, including aerobics, dance, ballet, and possibly ballet classes.

There is a lot of potential for the SAC, but students have to appreciate all the opportunities that this facility brings to this university. "The challenge for us [administration] is to market this place for all types of students," said Gifford. "They [nontraditional students] paid a fee, so I hope that they get involved and say what they want to see in this facility."

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Table dancers versus Einstien

By Dianne Slater
Whalesong Columnist

The two temperaments in contrast are the "Table Dancer" and the "Einstien." The folks who are the fun loving and out going sort or person, and most likely have an extroverted (E), sensing (S), feeling (F) and perceiving (P) kind of personality known as the ESFP. Late nights is the optimum time for extroverts like the "Table Dancer" and reflects so in their social life. According to Peter McDowell, they are often referred to as the "Table Dancer." McDowell, born and raised in Juneau, says, "Table dancers have always been my favorite personality for lady friends, because they have so much fun!" One can not argue the point that they are the most fun loving individuals of the personality types. McDowell holds a bachelor degree in economics and mathematics, and a master's degree in accounting and business statistics.

For the majority of people, you can classify them as the INTJ's. "They are the Einstien's and are considered to be the best students," says McDowell. The INTJ's are introverts (I) who are intuitive (N) and Thinkers (T) and Judges (J). There are four varieties of personalities within each temperament and a total of 16 personality accumulated within the four temperaments. Just for the record, McDowell's temperament type is the INTJ. This personality type, which is classified as an introvert, intuitive, thinker, and judging temperament fits well within the career he has chosen as an economist and management consultant. It is interesting to note that the intuitive personality is more concentrated on the future, and Alaska is of course known as land of the future. It really fits together, the introverts and the intuitive population.

The introverted intuitive type is a

common finding in Alaska. McDowell has found that over and over again this has been the case for many Alaskans documented by his findings in keeping a file of answer sheets that folks fill out for his service. "In Americans you will find that 25 percent in the lower 48 are introverts," he says. In contrast to the Alaskan population, McDowell says, "55 percent are represented as being introverts, they are double that of the American's down south."

McDowell has collected this data over the last 20-year period, which reveals that Alaskans have very unique personality characteristics in which the Alaskans also tend to be more intuitive. According to McDowell, "Americans in the lower 48 are 25 percent intuitive, whereas in Alaska it is the same as for the introverts, being at 55 percent are intuitive types."

In our discussion about Alaska being the land of the introverted and intuitive, it is an easy to imagine this as a true fact. Introverted people prefer to be in low populated places, like Alaska. The biggest reason for all the introverts and intuitive folks who live in Alaska are here because isolation is also a part of the N-T personality traits. So, as McDowell would say "Welcome to the land of the introverted intuitive." An intuitive personality also prefers to think about the future, and Alaska is land of the future.

Tranquility is the N-Ts favorite mood and they require a tranquil environment such as Alaska. They tend to be more intellectual, and are often times considered snobs, and take great pride in being competent. The N-Ts energies are focused on the right priorities, are efficient and want to achieve maximum potential with a minimum of energy. They also tend to rise early, and achieve the best study habits. N-Ts function at their peak during early hours. They are more efficient at study and manage

their time well by planning study periods.

Achieving great success is one of their greatest gifts the N-Ts desire. When you are an N-T personality type you could easily excel in design, creative financing, marketing, advertising, planning, development or any other professional career pursuit such as doctors, lawyers, and architects.

The N-T temperament includes learning and always being on the move toward a "better stage on which to perform." There is no such thing as failure to N-Ts, only momentary setbacks. As the saying goes, where there's a will, there's a way, and the N-T knows how to find it. Borrowed from the last paragraph from "Please Understand Me" by David Keirsey and Marilyn Bates, is a summary of the N-Ts temperament.

"N-Ts want to be appreciated for their ideas. They want an intelligent listener who will take the trouble follow the complexities of the N-Ts conception. Seldom does an N-T enjoy comments of a personal nature; rather, he responds to recognition of his capabilities. Appreciation by management of a routine task well done would not only not delight an N-T, but might even make him suspicious of the manager."

The benefit of personality typing for the college student is to help identify weaknesses and strengths. The Einstien's (N-Ts) represents the best characteristics for study. Preferring mornings to study, the N-T has a tendency to be the best students, and it is because they are introverts. But, there is hope for the typical student. The typical students who are definitely an extroverted type can benefit by modeling themselves after the behavior of that introverted NT temperament. With a little hard work, you can actually earn yourself a 4.0 GPA. All this can be obtained by making a few study changes in your

learning style by acting like an NT. You can train yourself to study in early morning. Also, a behavior like habitual lateness to classes can be changed too, if your preference is to be a better student, just by simply following a few adjustments to your agenda.

When you start typing people you find out the kind of people you will end up relating the best to one of the significant reasons to expose yourself to the Myers-Briggs. And, from a career standpoint, once you have been taught about the effects of the types of people who you will come in contact with in a specific career, it is a fantastic tool to use. It can also be meaningful to you in terms as to where you want to live, career choices, as well as other benefits in structuring your life. The INTJ is the best temperament for the learning types. Most important of all, you will benefit as a student should you decide to choose an appropriate model to follow, and are more likely to achieve academic success by acting and using the characteristics of the N-T.

The many volunteer hours spent by McDowell typing people, and making it available to people is his way of contributing back to the community. McDowell has been typing people's personalities in the Alaskan community for the nearly 20 years and has typed approximately 8000 Alaskans since 1985. As a professional at personality typing, McDowell plans on continuing this service to anyone desiring to explore what kind of characteristics they possess. So, if you're looking to be like an Einstien, McDowell says, "You don't have to be one, just act like one."

You many email me at dianne Slater@gsi.net if you have any questions, or suggestions for future articles that may be of interest to you.

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Sherry Taber retires, but may return

By Clancy DeSmet
UAS Student

History repeats itself, Sherry Taber will return to Juneau. Repetition of history in this case would be a good thing. Sherry Taber, who was Director of the Library, Media and Computer Services, retired recently. Unfortunately, UAS is losing a great member of its institution, but for Sherry it is hardly a retirement that awaits her in Colorado. A Public Library directing job awaits where she says, "I plan to shift gears into another career." The last time I checked retiring involves a period of not working.

Members of the Library, Media Services, Computer Services, and past colleagues turned out for her retirement party with high spirits. Many members shared anecdotes and the like, but they believed that she would return. Only time will tell if that prophecy will be fulfilled.



What a smile, one that will surely be missed here at UAS.

Photo by Scott Foster

Sherry Taber did her undergraduate work in Pullman and Master's Library Science at the University of Maryland. She first came to UAS in 1984 when it was referred to as UAJ where she was the Public Service Librarian. In a similar fashion, Sherry left UAJ only to return in 1994, and by the next year she was the Director of the Library, Media and Computer Services. Sherry had great confidence in her staff and students. Moreover, the tight-knit community of UAS is one of the things that she will miss the most.

"I will miss the students, LCMS staff, TLTR, and the community of Juneau," says Taber.

Sherry Taber's tenure can't be all that bad. For instance, how many other Alaska Library Directors have a banana tree bearing fruit in their library? Seriously, the students, faculty, and staff of UAS will miss Sherry Taber and at the same time wonder when she will be coming back.

Hypnotist performs for Juneau crowd

By Michael Howard
Whalesong Reporter

I have seen people do some pretty odd things before, and I have to say what happened on the night of October 29 ranks up there on the weird side. Frederick Winters, a renowned hypnotist, put on a show at Centennial Hall that many students and Juneauites won't soon forget...or remember for that matter.

I sat down with Winters before the show to get an insight into the world of hypnotism. Juneau was Winters' sixth stop that week, and one of 200 stops he will make this year. Traveling over 150,000 miles per year, it is easy to see why hypnotism is not for everyone.

Twenty years ago, Winters was a student at Northwestern University in Chicago. One night he and a college buddy went to a hypnotist show, not unlike the ones he does today. After one show Winters was hooked. He begged and pleaded with the hypnotist, George Vaughn, to train him. After a four-year apprenticeship, Winters never looked back.

There is little danger in what Winters does. He said that in 20 years, only one person ever regressed to their childhood and had a panic attack. Ironically enough, the person was hypnotized from out in the audience, not on stage.

On Centennial Hall's stage Friday night, nobody regressed to his or her childhood, but it did have an appearance of a busy day in a psychologist's waiting room. Winters had his participants doing everything from crawling around on the stage to trying to keep control of their imaginary pets. Though you knew they were hypnotized, you couldn't help but feel bad for the poor saps.

One student, Mike Heimen, may have been the most entertaining of the students. For reasons unknown to Heimen, he discovered that he had eleven fingers. Heimen counted his fingers over and over, but eleven was still the total. It is an interesting look a person makes when they discover a mutation on their body. And if this wasn't frustrating enough for him, Heimen couldn't remember his name. Try and imagine waking up with one extra finger and no name. Tough luck for you, but a great laugh for everyone else.

I found Winters to be classy individual. During the entire program, he never lost his focus on the safety of the volunteers sitting before him. Trying to keep track of twelve hypnotized individuals isn't easy. Winters also found that half of his audience was under the age of twelve, and although it was a college performance, he kept his show clean.

Overall, everyone had a good time. Once again, the hard work done by Tish Griffin, director of student activities, and the student government paid off.

The Wooch.een club

The Wooch.een club is a group of students dedicated to Native American awareness. Wooch.een is Tlingit for "working together". The club meets every Wednesday at 2:30 in the Native Student Resource Center, which is open to all students.

They have many activities planned for November, which is Native American Month. They plan to have speakers, show movies, have dance performances and have a University wide Native dinner. If you want information you can contact Yarrow Vaara through her inbox downstairs in the Maurant building, right outside the Student Government office.

Environmental & Amnesty International Club

The Environmental Club promotes activities on and off-campus which will protect and restore our natural environment. On-campus activities will include better campus and housing recycling programs, weekly meetings, Earth Day celebrations, and informative lectures and videos. Off-campus activities will include garbage clean-ups in various areas, restoration projects. These goals can change to include additional projects depending on the interest of new members.

Amnesty International is a student division of the organization first started in England. Our goals are to promote and understanding of human rights. On-campus activities include weekly meetings, letter-writing campaigns, celebration of International Human Rights Day (Dec. 10). These activities can change to include ideas and interests of new members.

Both Environmental Club and Amnesty International student members have decided to hold joint meetings every Monday from 5-7 PM in the cafeteria area (Look for the green cardboard tree with a candlestick logo). Please come if you can, hang out with hip and concerned students. Contact any of the following for information on either club. And come to our Clean-up on Saturday the 13th!

Vita Wilson: JSUM@uas.alaska.edu
Felicity: find_fe@yahoo.com
Tia Anderson: (789-6883) tiatia_144@yahoo.com

UAS FALL 1999 SHUTTLE SCHEDULE

Weekday AM	Weekday PM
7:30 Housing Lodge	3:50 CAMPUS
7:35 Student Act. Cntr.	4:00 Housing Lodge
7:42 Anderson Bldg.	4:06 Student Act. Cntr.
7:50 CAMPUS	4:12 Anderson Bldg.
8:00 Housing Lodge	4:20 CAMPUS
8:06 Student Act. Cntr.	4:30 Housing Lodge
8:12 Anderson Bldg.	4:36 Student Act. Cntr.
8:20 CAMPUS	4:42 Anderson Bldg.
	4:50 CAMPUS
	5:00 Housing Lodge
	5:06 Student Act. Cntr.
	5:12 Anderson Bldg.
	5:20 CAMPUS
	5:27 Housing Lodge
	5:34 Student Act. Cntr.
8:30 Housing Lodge	6:20 CAMPUS
8:36 Student Act. Cntr.	6:30 Housing Lodge
8:42 Anderson Bldg.	6:36 Student Act. Cntr.
8:50 CAMPUS	6:42 Anderson Bldg.
9:00 Housing Lodge	6:50 CAMPUS
9:06 Student Act. Cntr.	7:00 Housing Lodge
9:12 Anderson Bldg.	7:06 Student Act. Cntr.
9:20 CAMPUS	7:12 Anderson Bldg.
	7:20 CAMPUS
	7:30 Housing Lodge
	7:36 Student Act. Cntr.
	7:42 Anderson Bldg.
	7:50 CAMPUS
	8:00 Housing Lodge
	8:06 Student Act. Cntr.
	8:12 Anderson Bldg.
	8:20 CAMPUS
	8:27 Housing Lodge
	8:34 Student Act. Cntr.

The Learning Center

Math Workshops:

Math 054	Wednesday, 2:20 - 3:20 p.m.
Math 055	Tuesday, 10:20 - 11:20 a.m.
Math 105	Monday, 6:30 - 7:30 p.m.
Math 107	Thursday, 2:20 - 3:20 p.m.
Math 108	Thursday, 10:20 - 11:20 a.m.
Math 200	Monday, 2:20 - 3:20 p.m.

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Math Tutoring:
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Sweet, white and deadly

By Dianne Slater
Whalesong Columnist

The average American swallows a little more than 149 pounds of sugar a year. Sugar, as we know it, came into existence after 500 AD, about 2,500 years ago. Sugar was a luxury in the middle of the sixteenth century and even as late as the eighteenth century it was kept under lock and key and was extremely expensive according to history books. Humans are born with a preference for a sweet taste. Seventy-five percent of our sugar intake is hiding in large quantities and where we least suspect it. For instance, in the different foods rent foods we eat, an average malted milk shake hides up to 15 teaspoonfuls of sugar! One slice of fruit pie hides about 10, as does a four-ounce piece of chocolate cake. A glazed donut contains 6 teaspoons of sugar, and the only good thing about doughnuts is the hole in the middle!

Although sugar is a carbohydrate, it is very different from other carbohydrates when it relates to weight reduction. Eating 149 pounds of sugar relates to about 20-30 pounds around the middle. It is hard to find anyone who does not like the sweet taste of sugar, yet there are many people today who wonder about the true effect of this deadly white substance to their health.

Trying to get along without sugar is very hard to do. Especially when sweets are placed on a table at the office or at dinner parties. It is twice as hard to believe that the very mouthwash and toothpaste we use for our families also contain this concealed white menace. Also, unsuspecting items like catsup, peanut butter, salad dressings, frozen vegetables like corn, and the very few breakfast cereals on the market contain tons of sugar and cost as much as a good steak, all have undesirable amounts of sugar.

As consumers we need to be told about the dangers. A spoon full of sugar may make the medicine go down easier, but according to John Yudkin, M.D. and author of the headline-making book "Sweet and Dangerous," says the "Quiet Killer" is dangerously deadly. Yudkin, a well recognized authority on nutrition and diet points out in his book that, "If only a fraction of what is already known about the effects of sugar were to be revealed in relation to any other material used as a food additive, that material would promptly be banned."

The sweet, white and deadly substance destroys B-vitamins and leaches calcium from the body. It affects the nerve and brain function of the body. Sugar decreases your body's ability to fight infection lowering your white blood cell count. Some experts state that there may be as much as a 50 percent decrease in the ability of certain white blood cells to destroy bacteria after large amounts of sugar have been eaten. You get a certain rush from sugar that then sends your body into a spin and you will begin to feel mentally sluggish as a result.

What do you do when you are feeling mentally sluggish? Most of us reach for the quick fix. Usually we grab something like a soda full of caffeine and sugar along with a sugary food or candy bar to sustain us for a while. These may give you a short-term burst of energy but can drain your body of vital resources. Smart dietary choices would be to lessen your sugar use, which can help you lose those extra 20-30 pounds sugar alone adds to your

body weight.

Scientific evidence shows that this sweet, white and deadly substance also boosts the level of triglycerides in the blood. Many scientific investigators believe that the triglyceride level is more significant than that of cholesterol. Studies show that when sugar become too abundant, coronary heart disease rises as a result of high levels of triglycerides in the blood. According to Earleen Lloyd, a nutritionist in Juneau, says that, "Sugar decreases the body's ability to fight off bacterial infections. And, with the increase of sugar consumption, the ability of a white blood cell to immobilize bacteria goes from approximately 14 bacteria per white blood cell to one bacteria."

What happens is, the white blood cell surrounds the bacteria by digesting the bacteria and has the ability to kill 14 bacteria compared to the killing one through the use of sugar. This is one reason why Lloyd says there are more sore throats during holidays and illnesses because the immune system is compromised and can not fight effectively off bacterial infections because of the quantities of ingested sugar, but that is only one cause. This contributes heavily to artery disease.

Even the common cold is affected by sugar consumption. When you have a cold, remember to satisfy your body's thirst for water. This can actually ward off a cold by drinking 8 to 10 glasses a day, plus the other benefit is that it washes out toxins in your system. Just a note, increased thirst and urination, fatigue, frequent infections, blurred vision, cuts or bruises that are slow to heal, and tingling or numbness in the legs and feet are the most common symptoms that may indicate the presence of diabetes. This is all a part of the condition and symptoms for hyperglycemia when there is too much glucose in the blood.

Playing a critical role in coronary disease epidemic in America, sugar is also involved as a major cause of many often-fatal diseases, one disease in particular is diabetes. It can happen to anyone later in life as adult on-set diabetes. Sugar is being identified as a culprit in many health problems like that of hypoglycemia, (low blood sugar), which can cause headaches, make you fatigued, cause low thyroid, rapid heart rate, depression, and cause poor concentration among other things. It is certainly a contributing factor in diabetes—one thousand

new cases per day are reported according to medical statistics.

Eating lots of sugar is a factor in adult on-set diabetes. Those who have this metabolic disorder are not able to process glucose (sugar) into energy properly. This disease is fast becoming a real threat because of eating habits in the American lifestyle. Maintaining a healthful lifestyle is a good idea for everyone. In America there are more than 8 million Americans with diabetes. Being aware of the ways in your which your diet affects your total health is a serious consideration. Diabetes is a very life threatening condition that can leave a person without arms and legs, kidney disease, nerve damage, blindness that can cause a few complications if left untreated. As this toxic poison builds up in the body's system, our resistances in fighting disease are actually minimized by decreasing the white blood cells, and keeps the fighting troops within our system from warding off infections.

There is an old saying: "You are what you eat." If you are overweight, and want to lose weight, stopping excessive use of sugar may be the first step in eating right. In doing so, it will help your body in a couple of ways, one is lower blood pressure and the other is by reducing the risk of heart disease. A healthful diet means eating a variety of foods from all the food groups which will ensure you get a good balance of nutrients giving your body fuel to run on and mealtimes are more interesting with variety. Your healthy diet is also the best way to give you ammunition to help fight off infection. You will feel better physically and mentally as a result of this lifestyle change if you lessen the addiction to this sweet, white and deadly substance.

If in discussing health issues does not impair a persons health, but can perhaps make life a little better by a writers influence, and even if just one person took it to heart, then I say it is worth writing about. I believe if someone is concerned with matters of health and refuse to discuss it with others when they have reason to believe they can help them toward better health, they are not doing justice to their fellow human being. In my own personal experience, I have been working on following a better lifestyle in regards to my diet and nutrition, and hope to pass on this information from the seminars and training that I have attended recently.

Student Friendly Recipe Sweet Tooth Cravings Alternative Banana Date Cookies

- 3 ripe very ripe bananas, mashed
- 1 cup dates, chopped
- 1 cup walnuts, chopped
- 1 teaspoon vanilla
- 1 cup rolled oats
- 1 cup raisins
- 1 cup unsweetened coconut
- 1 cup dry papaya, chopped
- 1 teaspoon salt

Mash bananas. Stir in salt and vanilla. Add dates, nuts, raisins, coconut and papaya. Add oats last, and mix. Drop by tablespoons, slightly flatten cookie dough, use a Teflon coated cookie sheet or use an oil spray like Pam on a cookie sheet. Place in oven at 350 degrees for 25 minutes or until nicely brown. Loosen with a spatula and let cookies cool. Yields about 24 cookies.

This recipe free from butter, eggs, baking powder or baking soda, and of course, no sweet, white and deadly stuff we call sugar. You can enjoy without feeling guilty and is sure to provide energy to study.

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Who said rugby's for men?

By Wonder Russell
Whalesong Foreign Correspondent

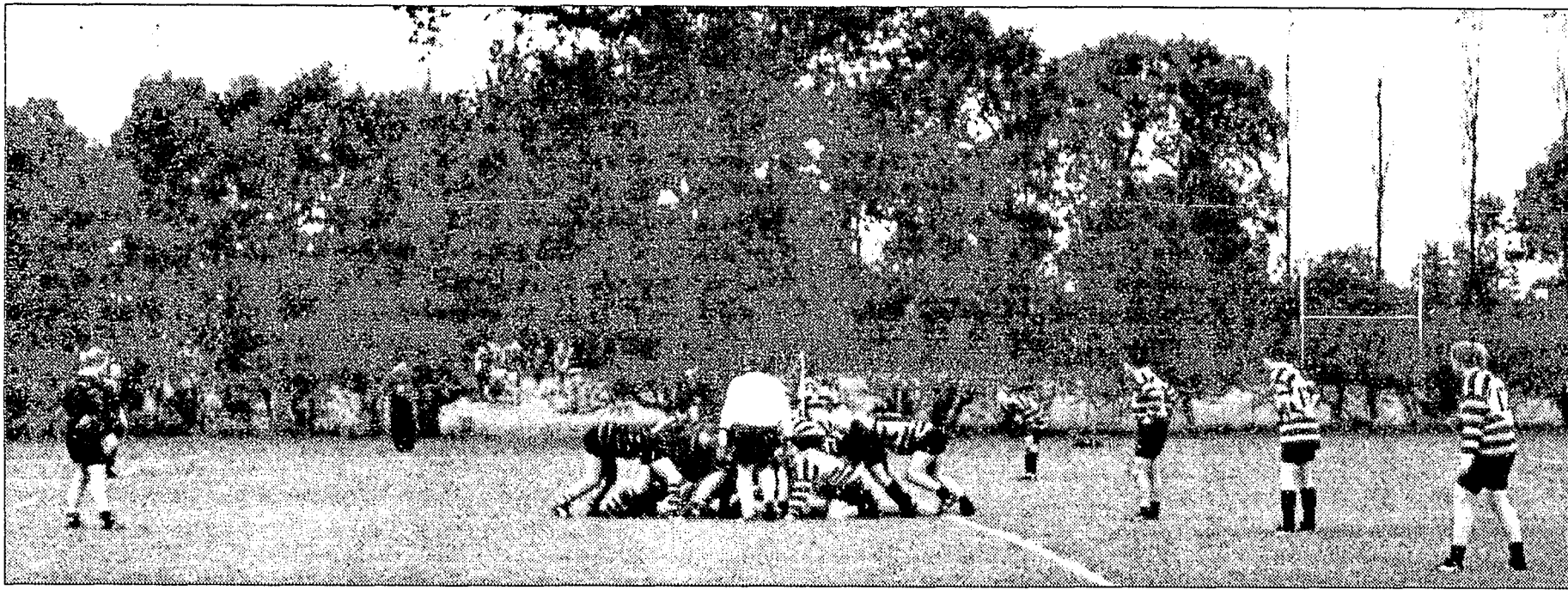
What can one say of rugby? I could extol its virtues for hours. Its bone-crunching madness, strategic boshing and the smell of dirt and grass mixed with blood are potent and wonderful. Most Americans see rugby as the uptight

Englishman unloosed, or worse, an exhibition of sheer chaos as players with 36" thighs gallop, punch, and dive all over each other in pursuit of a football in a game with no rules. At least that's the impression I had. I also thought that rugby was the official game of England, with cricket close behind, and that all the English loved rugby. Not so. It turns out that rugby DOES

have rules, and that quite a few English positively fear the sport. At ju-jitsu practice a few weeks ago, I mentioned to my partner, himself a high-ranking karate aficionado, that I was on a rugby team. His eyes got wide and he took two steps backward, and with the barest hint of a shudder asked, "Why?" Why indeed? I certainly had no plans to come to England and join a rugby team. But the night I went to the first practice session I became enchanted. Somewhere amid the complicated passing drills and kicking practice, I knew I wanted to play. I think it was when they brought out the tackling bags. I was eager to hit 'em, just for the heck of it. I readied myself and ran pell-mell at the 5' foam bag, launching into it nice and low, gripping it in a fierce hug and flying into space. Every tackle sent me and the bag scudding several feet, and I wound up with long scrapes on my shins, but I kept jumping up laughing. It was so much fun! The team captain happened to be holding the bag upright for me, and several times she laughed along with me, and said, "Brilliant! Really well-done." I was loving it. "You hit bloody hard for a first-timer", she later told me. I glowed; I might not have the fastest hands, but I could hit.

Rugby actually has a lot in common with American football. Only there's more tackling, no one wears pads, and the 'line' runs around the field. A rugby team is divided into two groups, the forwards and backs. The forwards are like the 'line', only they're in what's called a scrum. Lacing your fingers together is exactly what the scrum looks like. Nine or so players on each side interlock, heads down and backs straining, kicking at the ball to get it onto their side. Once the ball is kicked far enough through the knot of forwards, the scrum-half is allowed to pick it up and pass it to the backs as quickly as possible. The backs are the fleet-of-foot who race down the field in a flying wing pattern, tossing the ball to each other as defenders pop up in front of them. You can only toss the ball backwards, never forwards. You can kick the ball forwards if it's loose, but there's a much greater chance to keep possession of the ball if someone's got it under one arm. And possession is everything. To this end, the scrum-half chases the ball, following its forward progress, waiting until one of the back's are tackled. The forwards hopefully are close enough behind to push defenders

up and away from the tackled back. This is called a 'ruck' though it usually turns into a dogpile. Ideally, it lets the scrum-half dart in and grab the ball, once again pitching it out to the backs who must wait a few yards behind the ruck for the ball to be thrown to them. The scrum-half is the link between the forwards and the backs, and the only



one who can touch the ball in some situations.

Watching rugby matches on telly was actually a vital part of my training. All the new rugby players were told to go watch some rugby and follow their number to see what to do. I did, and learned a lot. I also talked with Nick, who happened to be the scrum-half for the men's rugby team. I had just been nominated scrum-half for the women's team. "It's kind of odd that they put a total beginner in such an important position," he told me. Great. We're going to lose because I'm an American and don't have a clue what's going on. After a few weeks (and only a few training sessions)



we had our first match. The first thing I learn is that scrum-halves can harass other scrum-halves. I didn't know this until I was scooping up the ball from behind the scrum, and the opposing team's scrum-half came out of nowhere with a back-bending tackle. Before my knees buckled though, I was able to toss the ball out to the waiting lead back who was off like a shot. (Once your knees touch the ground, you must release and get away from the ball.) With a triumphant grin I followed quickly after my team. A pass was fumbled and an opposing back snatched it, running forward. I dove at her legs and got my ears full of knees, but effectively brought her down. There was a brief ruck, my team re-gained possession, and we were all up again and running down the field. This time there was a maul, which is like a ruck standing up, but is basically just a shoving match between both team's

forwards, with the player who has the ball caught in the middle. I dive in, elbowing everybody, even my own, snapping "Give it to me, release it Tammy!" at the girl whose defense mode has locked her arms 'round the ball. After a few more seconds of struggling with the clawing, sweating, stamping absolute crush of people that a

maul is, I can tear the ball away, step out, and fling it to our lead back, who stands with eager hands outstretched. The first half of the game flies by. We score several times, and I'm learning with each play. At half-time we eat oranges, as is the rugby custom, squirt water-bottles and listen to our quiet coach's experienced take on the way the game is going. In a short five minutes, it's back to the game. I'm a different person than the slightly apprehensive girl who stood warming up in scratchy new socks and stiff new shorts, wondering what would happen. I tackle, run, hit, grab, command, and follow. "If you go in aggressively, you won't be hurt. If you just half-heartedly

play, you will be hurt" echoes the pre-game admonition of our captain. I learn by jumping in without hesitation and by watching the two or three other experienced players on the field. This time I find myself consciously trotting on my opponents in the heat of a ruck or maul. Their scrum-half is tackled and gets the wind knocked out of her, and play stops as she cries and recovers. We stare coldly. I yell encouragement to my team, tell them to run faster, that they're doing great and that they look good in blue. When we line up for the opposing team to kick to us, I mentally pick out a few targets to take down. "Blessed be the Lord God who teaches my hands to war." The ball is kicked and caught by a winger, who runs forward with an open palm, hitting would-be tacklers in the face. She races towards the try-line as we scream encouragement. There's a ferocious maul just a few feet

from the try line, and our whole team packs together for a shoving match designed to propel the ball-carrier over the try-line by sheer physical force. We successfully outshove the other team, and score. It's been called a ruffian's game played by gentleman, but I call it bloody brilliant. After 80 minutes of running and hitting I'm

pretty bent out of shape, and sport several black and blue cl e a t indentations in my arm and thigh, a strained shoulder and skinned nose, but I feel elated. Rugby is vicarious warfare at it's finest, and I am Boudicca. We win our first match 39-5. Our second match, played in York, is more brutal. Their team is

much more experienced, and though we rallied, several of our team were benched for injuries. The match is nearly forfeited because of injuries suffered by our team and our pitiful lack of replacements, but one girl feels good enough to go back onto the field. We fight hard and actually have control of the ball some 60% of playing time, but we hobble or limp off the field, 17-24. I still love it. It makes me want to play even harder next time. We get to the communal showers as quickly as possible, trying to beat the lads. There's no door or even curtain, so a few girls hold towels up at the entrance. We change into our nice clothes—"smart" dress is required for all matches—and head to the field's pub, where the players who scored the first 'try' for each team get free pints. There's a drink-off, followed by general congratulations and amicable chatting. You wouldn't recognize us now; the warriorresses have changed their cleats for skirts and deep heat joint support for lip-gloss. They even joke with the members of the other team. Everyone knows they've played their best and are content to learn, enjoy the experience, and relax with a pint and a few laughs.

On the bus back home, the men's rugby team is out of control. You wouldn't know they just lost a match by two points. They stand in the aisles singing un-repeatably raunchy rugby songs that make me blush worse than if I'd downed a bottle of Tabasco. One of them is struck with a grand idea and yells "Lads, sit in your pants!" This cry is taken up exuberantly "Sit in your pants, sit in your pants!" and the lads all stand up and unbuckle their trousers, pulling them down around their ankles. They look for all the world like naughty 5 year olds as they gloat about sitting in their (under)pants. They try to convince the girl's team to sit in their pants as well, but the sensible women decline. After getting home, I grab a hot, relaxing bath and head out for a night on the town with the team, who usually dresses up in some theme like Hawaiian or '70's.

You make some great friends playing rugby; everyone looks out for each other. I can think of no sport I've enjoyed more or fought so hard in, and that makes every match a reward in itself. I just thank God every time for the grace given to my weak, injury-prone knees! I'm the only American, and it makes me a little proud to be trying—and enjoying—something so darn English.

Movie Review "The Insider"

By Movie Junkie
Eric Morrison

Over the years, many people have asked me why I refrain from smoking cigarettes. The answers have varied from "it makes me sick," to "I can't stand the stink." Most of my answers have usually ended up sparking a debate of personal morals, values or views. Truth is, I never understood why anyone would want to smoke. Don't smokers know that the tobacco corporations are enslaving their customers to suck out all of their money? If you are naïve to this simple fact of life, then I suggest that you go see "The Insider," starring Al Pacino.

If you're looking for a fast paced action thriller that will keep you on the edge of your seat, I suggest that you go see another movie. If you are looking for a thought provoking, in your face drama that bends the imagination with facts, I suggest that you see "The Insider." It was a rather slow paced film, yet it kept me involved. It was slow enough to keep me wanting more, and was impossible to foresee the unfolding climax of the story.

"The Insider" is a film based on a true story, yet fictionalized to add a greater sense of drama. It is not your typical Al Pacino movie. No, he's not a drug dealer/abuser with a short temper and an itchy trigger finger, nor is he a Mafia kingpin, although he does enrich this film with his patented, flamboyant acting style. In this movie he plays a no-nonsense producer for 60 Minutes who always gets his way, almost. He respectfully manipulates the truth from a former cigarette corporation executive, regarding the health hazards due to smoking. It's a story that revolves around many moral issues, such as loyalty, respect, honesty and integrity. The ex-executive is put in the compromising position of choosing between his conscience and his word. It is a long movie, with rather aggravating cinematography, but the movie is well made given the circumstances. It deals with an issue that must be addressed in a public forum as this movie has done.

All in all, I did like "The Insider." The movie helped cement my morals of smoking cigarettes into my brain. If you feel like quitting smoking, then it would not be a bad idea to check this movie out. Then again if you enjoy smoking, maybe you should see this movie, but I warn you, the truth hurts. Several people walked out of the theater during this movie while I was there. I'm not sure, but I think I smelled the funk of cigarettes perpetuating off them, I guess they needed a smoke.

Michael Howard's top 10 albums

- 10) Set if Off *Soundtrack*
- 9) Sting *Fields of Gold*
- 8) Journey *Greatest Hits*
- 7) Fleetwood Mac *The Dance*
- 6) John Mellencamp *Mr. Happy Go Lucky*
- 5) Alanis Morissette *Jagged Little Pill*
- 4) Jim Croce *Photographs and Memories*
- 3) Keith Sweat *Keith Sweat*
- 2) Live *Throwing Copper*
- 1) Santana *Supernatural*

Movie Review "Jakob the Liar"

By Movie Fiend
Wilson Walz

I was tirry-eyed as the movie ended. Yes, me, I am man, hear me roar. This film touched me. Jakob the Liar is a great movie and I expect Robin Williams to win the Oscar for best male actor. I was moved by his portraie of a Jewish prisoner in a Berlin ghetto in the end of WW II. The story starts as Jakob, (Williams), follows a newspaper page that is being blown by gusts of wind down the street. He gives chase and runs into an area where Jews are not supposed to be in after curfew. He is sent to the German headquarters to tell the captain of the guard that he is out after curfew and to ask what his punishment will be. Upon waiting for the captain, he hears the radio, which is playing in the captain's office. Jakob is told to go back to the ghetto, but is unable to get a pass to get through the gate and is forced to sneak back into the ghetto. Meanwhile, a train carrying Jews to an extermination camp stops and a young girl is forced out by her parents through a hole in the floor of the train car. She sees Jakob and asks him for his help to sneak into the ghetto, he obligees, and they sneak back to his house.

I will tell you no more of the story, but Jakob becomes a messenger of hope to the ghetto, which is quickly loosing hope. Jakob tells lies to the community to keep their morale up. He becomes somewhat of a hero to his piers and helps to keep his friends from giving up. The story paints a disheartening, yet realistic, picture of the Jews during the war.

I am giving the picture two big thumbs up, way up. Don't miss this film, take a loved one and experience this feature. *I would also like to thank Clancy DeSmet for recommending this film to me.*

Play Review "Romeo & Juliet"

By Dave Perry
Drama Drunkard

The new Perseverance Theater play "Romeo and Juliet" offers a new age perspective to the Shakespearean play. While it doesn't go to the extreme of the Claire Daines and Leo DiCaprio movie, it does have a 90s air about it.

The characters in the play were my main enlightenment, and were far more colorful than I expected. I give many thanks to costume designer Marta Ann Lastufka for putting a newer look to dated characters. There was Juliet's nurse, who bore a Scottish accent and carried a flask of whiskey in her cleavage at all times. And Mercutio, whose flamboyant antics, including a provocative costume which looked like a purple flamingo, created much laughter until he was killed. A scantily clad Romeo added excitement to the part, whose rear end was shown a bit more than I would have liked. The blind Priest, who stood at least 6'6, had a booming presence whenever he walked onto the stage.

The play itself was well acted, and had very few rough edges at the free dress rehearsal showing I attended. Much laughter erupted when the director Peter Dubois stopped the show 20 seconds into the beginning, when two ladies were accidentally seated where the Prince was supposed to be. The Prince stayed in this seat throughout the entire play, right in the audience, which added to his presence in the play. Whenever he talked, the entire cast onstage would gaze at him.

While I am not a connoisseur of theatrical performances, I can say that this production was top rate. The cast had their lines down pact, and each person brought their own uniqueness to the play. Juliet, who looked very young compared to most of the actor and actresses, is very talented and definitely fit the part.

Swedish exchange student Patric Carlsson enjoyed his first American play. "It was good acting, strange costumes and I understood half of it".

Erin Truesdell said "Rory Stitt did an excellent job playing Mercutio, and it was well worth attending."

The soundtrack was far from the Shakespearean era but fit well with this version of the play, including a track from the trip-hop band Morphine. Some of the music would have equally fit in with a rave crowd as it did in Romeo and Juliet. The stage was well done, and it created a more three-dimensional feel. As with all Perseverance plays, you get an up close and personal feel, due to the theater being so small.

If you're looking to be entertained and have a good evening, I suggest attending this play. It's an age-old tale we all know, and if you've never seen it performed, you'll be amazed.

Eric Morrison's top 10 movies

- 10) Die Hard
- 9) Empire Strikes Back
- 8) Pulp Fiction
- 7) True Romance
- 6) American History X
- 5) Road Warrior
- 4) Tombstone
- 3) Outsiders
- 2) Backdraft
- 1) Braveheart

My Earth Man

Drunk with wine
smiling
with peace eyes
fish eyes
saliva
bubbling
from the cavern
of your throat
I grab you
between
my hands
your face
sweating, hot.
I kiss you.

By Tia

Mi Hombre de Tierra

Boracho con vino
sonriendo
con ojos de paz
ojos de pez
la saliva burbujiando
de la gruta
de tu garganta
Te agarro
entre mis manos
la cara
sudando, caliente
Te beso

Por TiaTia

Adolescent Advisory**WARNING****Explicit Astrology**

Editor's note: These horoscopes are not contrived by the madness of our staff! They were contributed by a different, highly respected student from this university.

Libra (Sept 23-Oct 23) A copper-haired temptor awaits your advance. Resist! That way leads to madness.

Scorpio (Oct 24-Nov 22) Keep your eyes out for that guy you pulled out in front of by Carrs. All this rain has been getting to him and he's after you. Maybe a Tae-Bo workout would increase your confidence. But I'm afraid it's too late to do anything about your anemic body. Cross your fingers and hope for mercy.

Sagittarius (Nov 23-Dec 21) It's a tough time to be a woman at UAS. Word has it that there's only 1/3 of a guy per lady. Which third you ask? Not important. But don't worry, the guy you have your eye on isn't taken. Most guys on campus are looking for multiple relationships anyway, especially at student housing.

Capricorn (Dec 22-Jan 19) You saw Fight Club last week, and you're feeling violent. Don't give in. Avoid coffee, get a massage, go tanning, get a pedicure, take your Quelude, and try to forgive the guy that pulled out in front of you. If you're still feeling medieval, try abusing a copy machine.

Aquarius (Jan 20-Feb 19) Women admire you, men fear you, and countries crumble at the sound of your name. I see more foreign countries in your future. Better buy a black leather jacket, learn French, and be ready for a chance encounter with Prince Willy.

Pisces (Feb 20-Mar 20) Hey tiger - you're looking good. Some people drown in stress like this - but you're surfing the tide of obligation to the sandy shore of Christmas vacation. You've got some big things in the works. Never accept 'No,' exceed your potential, surprise yourself every day, and always, always go first.

Aries (Mar 21-Apr 19) This must be your lucky day. You're ugly as sin, but fortunately cute girls don't find you threatening. Waltz up to the sweetest Poodle you know and confess all, and her heart will melt like butter in the sun. She can't help it... 'wounded puppy syndrome' is your new best friend.

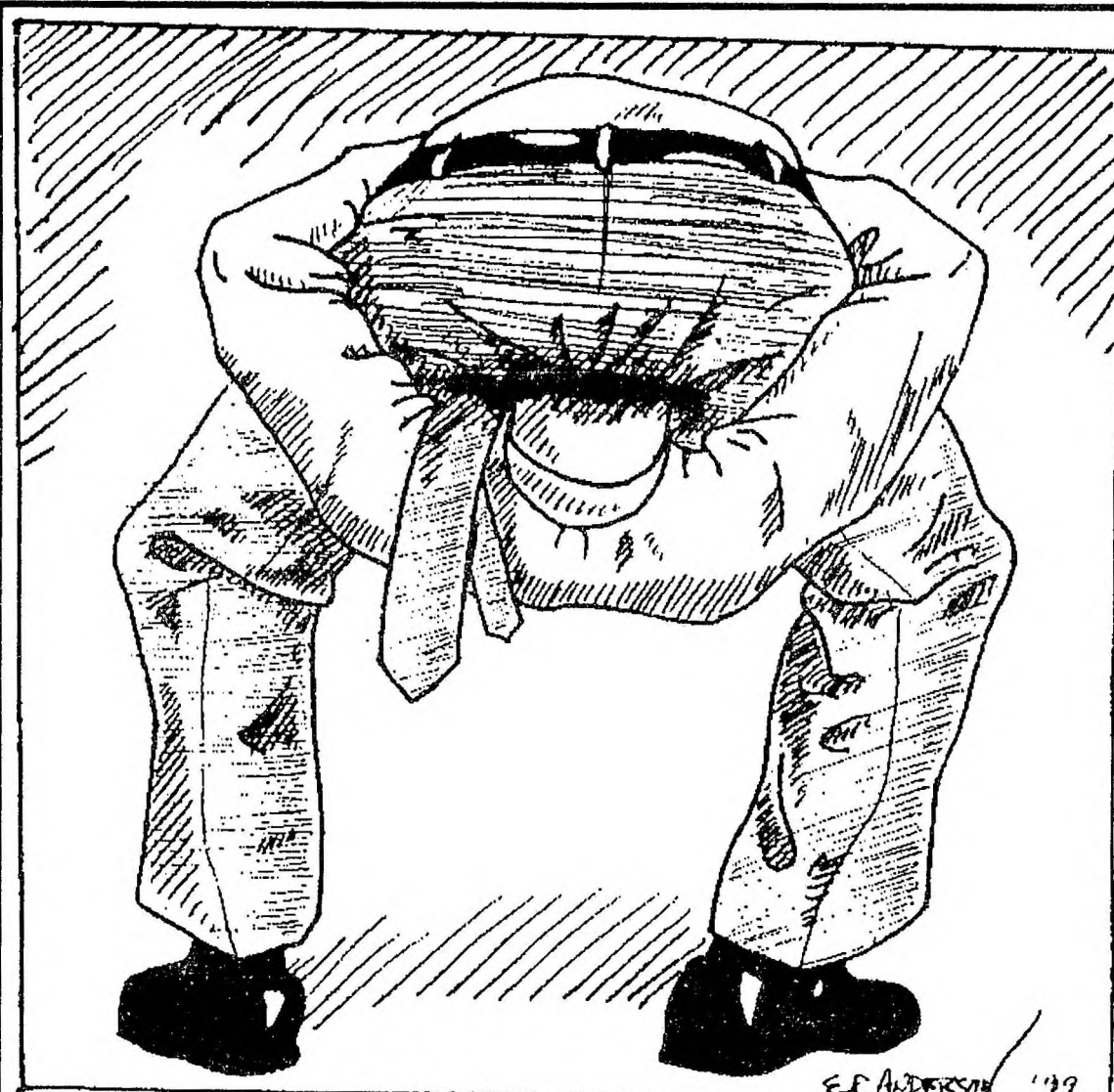
Taurus (Apr 20-May 20) You sure had a good thing going last week, but looks like you blew it. Where's my violin? I'll play you a durge. But don't worry - maybe you can sort things out next week. Yeah right!

Gemini (May 21-June 20) You're on top of things, but walking a fine line between success and utter failure. Play it cool these next few days - some big decisions are coming your way. You've got what it takes to triumph, but it'll take everything you've got. Good luck!

Cancer (Jun 20-Jul 22) It's time to take a stand. You've been taking up floor space long enough. Pick something to be passionate about, anything, and stick with it. Conflict is good for the soul.

Leo (Jul 23-Aug 22) You've got this place by the...er.. tail! Freebies and Bennies galore. But don't get too excited, the masses are fickle. Just remember it's All for the Greater Good.

Virgo (Aug 23-Sep 22) You are one sick individual. Are your "mal-adjusted, anti-social tendencies the product of a berserk pituitary gland?" The stars are unclear. I have two words for you: Therapy.

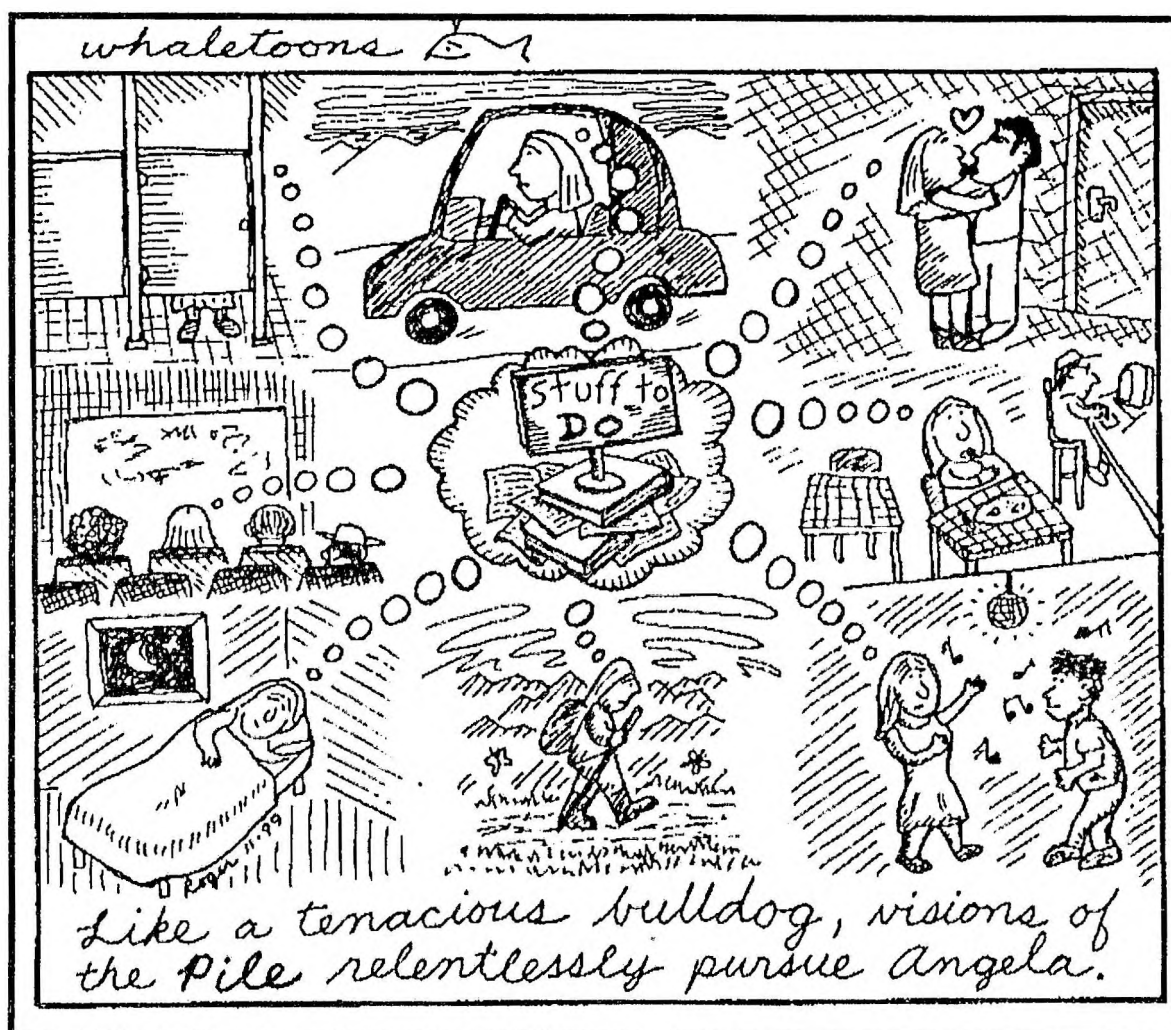


A LEGISLATIVE VIEW OF EDUCATION.

Photo of the issue



Now does this look like a match made in heaven or what?



Like a tenacious bulldog, visions of the Pile relentlessly pursue Angela.

UAS PERSONALS

Extra special thanks to everyone who was involved in the creation of this issue.

If students are treated like high school delinquents, they will act like high school delinquents.

Person(s) interested in playing Ping-pong at the housing lodge or the SAC, on evenings and weekends. Please contact me at arifhassan@hotmail.com, or 790-4739. Formation of a club can be considered.

There has to be more to life than studying and going to class. How did I get here? Why am I here?

RV for sale: 1986 Teton 30' 5th wheel. Cheap living! Moving-MUST SELL! \$8000 obo. Many extras! %86-8248

Hey New York, You're the best! Thanks for the picture.
-Pasha-

Don't even think about the M word boys & girls, you'll go blind.

Whalesong: Sex is only for the bedroom. Man on top, don't enjoy it, don't talk about it, and don't enjoy talking about it. (Editor's note: this was submitted, not made up by the staff.)

Adam, are you really intimidated by little ole' me? W.W. (F)

BROTHER COURAGE ISN'T GAY!! I'm happy, although I do think Levi is an attractive guy.

Brother Courage, I am so offended at your dehumanizing viewpoint. I am not a piece of meat, and I refuse to be the object of your lust! -Levi-

Thank you Media services, Brother Courage (Pizza Joe), Levi, and Dakota for help in the Burning Man video. Lookin' good, soon to be previewed at UAS.

If I was a piece of meat I'd be prime steak.

Do you think we can get away with another kegger at student housing?

Anybody interested in putting together a film festival at UAS, email jyw@uas.alaska.edu